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NATIONAL HEALTH SOCIETY'S

COOKERY BOOK.



A REPERTORY OF
INSTRUCTION

IN RUDIMENTARY
KNOWLEDGE

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NATIONAL HEALTH SOCIETY'S

PENNY COOKERY BOOK.

BY

EDITH A. BARNETT,

FORMERLY LECTURER FOR THE EDINBURGH SCHOOL OF COOKERY,
AND EXAMINER AT SOUTH KENSINGTON.



LONDON :

ALLMAN & SON, 463, OXFORD STREET,

1880.

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N.B.—All jelly moulds must be scalded with boiling water, filled with cold water, and used wet. Jelly moulds must never be greased or baked, and pudding moulds should not be wetted.

93. Eggs.

Eggs are very nourishing and digestible if they are not too much cooked. To boil an egg, put it in cold water enough to cover it and put it on the fire. As soon as the water boils fast the egg is done. To boil an egg hard, put it in boiling water and boil exactly ten minutes. If you boil it longer the outside of the yolk will be black. If you boil it too fast the shell cracks. To whip an egg, put the white on a clean dry plate with a pinch of salt and nothing else. Whip it lightly with a clean, dry, broad-bladed knife. Stand in a draught, whip lightly and evenly, and whip always in the same direction. When the plate can be turned upside-down without the egg slipping, then it is done. Always stir a whipped egg very lightly into any pudding or cake. A beaten egg contains much air. This air, when it is put into the oven, expands, and makes the cake light. Therefore, everything that has a beaten egg in it must be put into a very hot oven at first, and must be baked directly it is mixed, before the air has time to escape. Cook all eggs lightly, and make it a rule, where money is a consideration, never to use an egg if it must be cooked a long time. Beat the whites of eggs if you give them to invalids, because they are more digestible.

The white of a stale egg cannot be whipped to a froth, nor will the froth be stiff if any of the yolk be mixed with the white.

DRINKS.

94. Tea.

Rinse out the teapot after using, and dry it both outside and in. A damp teapot makes the tea taste. Fill the kettle from the tap or pump, and as soon as it boils make the tea. Do not use water that has been simmering half the day. Warm the teapot with a little boiling water, turn it out, put in the tea, and immediately pour boiling water over. When steam comes out of the lid and spout of the kettle, then the water boils. Don't let the tea simmer on the hob before you drink it, as such tea is not wholesome. Cold tea should be poured into a jug, not left in the pot with the tea-leaves.

95. Coffee.

Coffee is best when it is roasted and ground just before using. It is easy to roast coffee in an old frying-pan or tin, either over the fire or in the oven, if care be taken to prevent burning. Coffee, whether ground or not, must be kept in a covered tin. Add 2 oz. of chicory to 1 lb. of coffee; it makes the coffee a darker colour. Warm the coffee-pot, put in the coffee, allowing one tablespoonful for every pint, and pour boiling water over. Press the coffee down, that the water may not run through too quickly. Let the milk be boiling.

A French tin coffee-pot is the best to use. They can be bought at any ironmonger's, and should not be too large. Never boil coffee.

96. Cocoa.

The nibs must be boiled slowly for five or six hours, and the fat must be taken off. Prepared cocoa is more generally used; it can be made by pouring boiling water upon it, but it goes further and tastes better if it is boiled for a few minutes. Cocoa is more nourishing than either tea or coffee, even if it has no milk with it. An excellent drink is made with cocoa and the following oatmeal drink, using about half of each. It should be hot.

97. Oatmeal Drink.

Put $\frac{1}{4}$ lb. of coarse oatmeal into a saucepan with three quarts of cold water. Boil half-an-hour. Sweeten with brown sugar. It can be drunk hot or cold, and flavoured with cloves, lemon-peel, etc. Most people like it best strained.

98. Barley Water, or Rice Water.

To 1 oz. of barley or rice add one quart of cold water. Boil half an hour, sweeten to taste and strain.

99. Lemonade.

Wipe with a cloth and peel very thinly 2 lemons. Use none of the white pith. Put the peel in a jug with the pulps of the lemons cut into slices. Take out all the pips. Add 2 ozs. of sugar and 2 pints or more of boiling water, according to the size of the lemons. Cover, and let it stand till cold.

Wanted : 2 lemons and 2 oz. sugar.

100. Apple Tea.

Wipe with a cloth and cut into pieces 5 or 6 apples. Add lemon-peel, cloves, and sugar to taste, with 1 quart or more of boiling water. Cover and let it stand till cold.

5. Peas.

Cook like French beans. Use no soda, or the skins will crack. Do not boil too fast.

6. Spinach and Dandelion.

Wash in several waters and pick the leaves from the stalks. Put the leaves into a saucepan, and cook until tender without any water. Throw away the juice, chop the leaves, put them back in the saucepan with pepper, salt, and 1 ounce of butter or dripping. Heat thoroughly, and serve in a mound, shaping it with a knife dipped in boiling water. Young dandelion leaves are very good cooked in this way. These must be boiled with a little water.

7. Potato Balls.

Boil 1 lb. of potatoes. Peel, and mash them through a sieve. Add 1 ounce of dripping or butter, $\frac{1}{2}$ teaspoonful of chopped parsley, if approved, 1 egg, pepper and salt.

Flour your hands, shape the potato into balls and brown them in the oven. They can also be covered with egg and breadcrumbs, and fried in boiling fat.

Wanted : 1 lb. potatoes, dripping, 1 egg, pepper and salt.

8. Pease Pudding.

Soak 1 pint of split peas all night. Put on to boil. When tender, mash them through a colander, add pepper, salt, and 2 oz of dripping. Tie tight in a cloth, and boil one hour. Serve with pork, or pour melted butter round.

Wanted : 1 pint peas, dripping, pepper and salt.

9. Potato Stew.

Peel and put in a stewpan 3 lb. of potatoes, and 2 onions chopped. Add cold water to cover them and 1 dessertspoonful of chopped parsley, salt and pepper. When boiled to a mash, add 2 tablespoonfuls of flour or whole rice, and 1 oz of dripping. Boil ten minutes and serve.

Wanted : 3 lb. potatoes, parsley, 1 oz. dripping, salt, pepper, 2 tablespoonfuls of flour, and 2 onions.

10. Lentils.

Can be cooked in a pudding like peas, or boiled like haricot beans.

11. Carrots and Turnips.

Carrots must not be peeled, but only washed and scraped. The best part of a carrot is the dark yellow that lies near the skin. Turnips must be peeled rather thickly, as the skin is not good to eat. Turnip skins have the same taste as the inside, and if they are scrubbed clean may be used to flavour soups and broths. Onion skins answer the same purpose, and they give a good brown colour.

12. Herbs.

If you have a garden, grow herbs of one or two different kinds. Use them fresh in the summer, and in the autumn dry and bottle some leaves for winter use. A bunch of herbs and parsley, with a bay leaf, improves the flavour of any soup or stew. Tie the stalks round with string, and take them out of the dish before it goes to table. To keep parsley, do not cover it with water, but tie it loosely in a bunch and put the stalks in only.

VEGETABLE SOUPS.

13. Potato Soup.

Cut into pieces 1 lb. potatoes, 1 turnip, 1 large onion, and 1 piece of celery. Put them into a saucepan with 4 pints of boiling water, 1 tablespoonful of dripping, $\frac{1}{2}$ teaspoonful of salt, and some pepper. Boil one hour or more, not too fast. Mash the vegetables with a wooden spoon. Put in 1 pint of skim-milk, let it boil, add 3 tablespoonfuls of sago, semolina, rice, or oatmeal, boil ten minutes longer, and serve.

Wanted : 1 lb. potatoes, 1 turnip, 1 onion, 2 oz. dripping, 1 pint milk, 2 oz. sago.

14. White Soup.

Cut into pieces 2 lb. potatoes, 2 turnips, 2 onions or leeks, and 1 stick of celery, and put into a saucepan with 2 quarts of skim-milk and water, 2 oz. dripping or butter, pepper and salt. Boil 1 hour, mash through a sieve or colander, put it back in the saucepan, and boil for ten minutes. Serve with crusts of bread or toast.

Wanted : 2 lb. potatoes, 2 turnips, 1 onion, 2 oz. dripping, pepper, salt, 1 quart skim-milk.

15. Brown Soup.

Wash and cut into small pieces a cabbage, 2 or 3 carrots, turnips, potatoes, and any other vegetables you may have, such as French beans, parsnips, green-peas *with* the shells, etc. Many different vegetables makes the soup good.

Cut 2 onions into rings, and fry them brown, in a large saucepan with 2 oz. of dripping; add 3 quarts of water, and when the water boils, put in the vegetables, with a bunch of sweet herbs, and parsley, pepper, and salt. Let the whole boil for three or four hours.

Rub the whole through a sieve or colander, put it back in the saucepan, and boil for five minutes. A little catsup or spice is an improvement. Slices of toasted bread may be added with the vegetables.

Wanted: Vegetables of any kind, 2 oz. dripping, pepper, salt.

16. Haricot-Bean Soup.

Soak 1 pint of haricot-beans all night in cold water, put them into a saucepan with 2 quarts of cold water, 1 oz. of dripping, pepper, and salt. Boil for three hours. Put the whole through a sieve or colander, put it back in the saucepan, add 1 pint or less of skim-milk, boil five minutes, and serve.

Wanted: 1 pint haricot-beans, 1 oz. dripping, 1 pint skim-milk, pepper and salt.

17. Lentil Soup.

Lentils can be bought whole, split, or as flour. A prepared soup is sold that needs only mixing with hot water, and is ready for table in four minutes. Use the whole lentils like haricot-beans. Lentil flour makes a good soup with a flavouring of sage, and an onion fried in dripping. No meat is needed.

Lentils are very nourishing. The Revalenta Arabica sold for invalids is composed of little else than lentil flour.

18. Pea Soup.

Soak 1 pint of split peas all night in cold water. Put them in a saucepan with 3 quarts of cold water, 2 carrots, 1 turnip, 2 small onions, 1 bunch of parsley and sweet herbs, 1 stick of celery, pepper and salt. Boil three hours, stirring now and then, that the soup may not

burn. Rub through a sieve or colander, put back in the saucepan, boil ten minutes, and serve.

Wanted : 1 pint split peas, carrots, onions, turnips, herbs, parsley, pepper, and salt.

N.B.—Soups can be made in the same way of almost any vegetables. Turnip, onion, or artichoke soup must be thickened with flour. All vegetable soups *must* be boiled after they are rubbed through the sieve, and after water or milk has been added. If they are not boiled, the water and the vegetables do not mix.

Bones or bacon-rinds improve all brown soups. If you have broth or pot-liquor, use it rather than water. Brown soups can be coloured with sugar burnt in an old spoon, or with browning made for the purpose. If a vegetable soup is too thin, let it boil fast for ten minutes, with the lid off the saucepan ; if it is too thick, add milk or water, and boil a few minutes. Peas, beans, and lentils are much more nourishing than potatoes, cabbage, or turnips. Vegetables go further when they are made into soup than when they are boiled in much water, as is the usual custom. By throwing away the water we waste much of the nourishment contained in the vegetable. When we make soup we throw away nothing, and we can besides use old and tough vegetables, that are not good to eat in any other way.

MEAT.

19. Use of a Stock-Pot.

Do not throw away any scrap of cooked or uncooked meat, tiny bone, bit of bacon-rind, or remains of stews or gravies, even though you may have no more than a teaspoonful. Keep a saucepan on the fire whenever you have room, and put into it all these pieces as you get them, adding a reasonable quantity of water. Let the whole boil all day long, or for several days, and at the end of the week you will have soup enough for dinner, or at least broth enough to make one or two nice brown gravies for puddings or vegetables.

Such a saucepan is called a stock-pot, and the broth is often called stock ; and any iron saucepan will do if you keep the lid on.

In the winter the bones may boil several days without

straining, and the soup will be all the better. In the summer the soup must be strained every day or two, or it will be sour. Vegetables or herbs are apt to make the soup sour if the weather is hot. The peelings of turnips have as good a flavour as the inside, but they are not good to eat, and the trimmings of carrots and onions scrubbed clean do well for the stock-pot. Thicken soup with rice, sago, pearl-barley, or flour, and put in the vegetables out of the stock-pot, if there are any.

Fish-bones may be put in when you have them, or a good soup may be made of fish-bones alone.

20. Bone Soup.

Bones cooked or uncooked will do. Break them, and put them in a saucepan with $1\frac{1}{2}$ pints of cold water to every pound of bone. Boil three or four hours. Then put in carrots, turnips, and onions cut small, parsley, herbs, and $\frac{1}{4}$ lb. broken rice, pepper and salt, cloves, and spice. Boil another hour, take out the bones, and serve.

Wanted : bones, carrots, turnips, onions, rice, pepper, salt, spice.

21. Sheep's Pluck.

Sheep's pluck is a cheap thing to buy. The lights and liver make good soup, and, after they have been boiled for two or three hours, the liver makes good puddings and the lights can be chopped up, and stewed with rice or oatmeal, 2 oz. suet, and perhaps a few vegetables.

The soup only needs pepper, salt, and a thickening of corn-flour, rice, or sago.

The pluck should be put into cold water, and not boiled too fast, or it becomes tough.

22. Sheep's-Head Broth.

Thoroughly clean and wash a sheep's-head in salt and cold water. Take out the eyes and nose, and put the tongue and brains aside. Then tie the head together with a piece of string, and put it into cold water enough to cover it. When it boils, put in 1 teaspoonful of salt, skim it well, add 1 turnip, 2 carrots, 1 onion, parsley, and sweet herbs, and 3 oz. of rice, or barley. Let the whole simmer gently for three hours. If it boils, the

meat will be tough. Then take out the head, untie the string, and serve the head with the vegetables and parsley sauce. The broth should be served separately with the rice or barley.

Put the brains into boiling water, and boil ten minutes; chop them, and add to the parsley sauce. The tongue must be boiled to serve with the head, and skinned while it is hot.

Sheep's head makes an excellent pie, and the bones alone can be used for soup. It always must be cooked long and slowly.

Wanted: 1 sheep's-head, 2 carrots, 1 turnip, 1 onion, parsley, herbs, pepper, salt, 3 oz. rice.

For the sauce: 1 oz. dripping, 1 oz. flour, parsley.

STEWING.

Stewing is the most saving way of cooking meat. It needs little fire, and coals are dear. It needs little attention, and time is valuable. The meat does not waste so much as in roasting or broiling. A little piece of meat goes a long way if it is cooked with vegetables. 'Cook long, and cook slowly,' is the motto for a good stew. Never let a stew boil for a single minute, or the meat will be tough. Begin overnight, or early in the morning, to make a stew for the day's dinner. Hurried cooking is bad cooking. No piece of meat is so tough that it cannot be made tender by stewing.

23. Stewed Beef.

Take a piece of shin or leg of beef weighing 1 lb., flour it well on both sides, and put it into a saucepan with 1 onion cut into rings, and a small piece of dripping. Fry both the steak and the onion a nice brown, but do not let them burn. Mix in a basin 1 pint of cold water, 3 dessertspoonfuls of flour, a little pepper, and $\frac{1}{2}$ a teaspoonful of salt. Pour this into the saucepan with the meat, and stir until it boils, or the gravy will be lumpy. Put in $\frac{1}{2}$ a pint of any sort of vegetables (except cabbage) cut up small, with a bunch of parsley and sweet herbs, and two bay leaves. Draw the saucepan off the fire, and do not let the stew boil again. Simmer three to four hours. A little catsup or sauce will improve the gravy. It should be added just before serving. Take

out the bunch of parsley and sweet herbs before you send the stew to table.

Wanted : 1 lb. beef, vegetables, flour, pepper, and salt, 1 oz. dripping.

24. Brazilian Stew.

Take any lean and tough pieces of meat, such as shin of beef, cut them into small pieces, pour some vinegar into a cup, dip the pieces of meat in the vinegar, lay them in a saucepan with alternate layers of cut vegetables, and season with pepper and salt. Put no water. Simmer three to four hours. The vinegar makes the meat tender, and does not give a sour taste.

This stew is very good baked. It should be put into a brown earthen jar and set in a cool oven for five or six hours. Tie a piece of stout brown paper over the top of the jar.

Wanted : shin of beef, carrots, onions, turnips, parsley, herbs, vinegar, pepper and salt.

25. Irish Stew.

Cut the neck or scrag of mutton into pieces. Peel, wash, and slice some potatoes. Peel and slice 1 large onion. Put a layer of meat into a saucepan, then a layer of sliced potato and onion, and season with pepper and salt. When you have put in all the meat, add a little water and put on the lid. Simmer two to three hours. Stir now and then to prevent burning.

Irish stew may be made with Australian mutton or with cold mutton. The potatoes and onion must be boiled before they are sliced, and the stew, instead of simmering for two hours, must be just heated and not allowed to boil at all.

Wanted: mutton, potatoes, onion, pepper and salt.

26. Stewed Tripe.

Put 1 lb. of tripe into a saucepan of cold water, let it come to the boil, take the tripe out and scrape it with a knife, throw the water away. Cut the tripe into square pieces. Fry 1 onion brown in a little dripping, or, better, with a few slices of bacon. Mix in a basin 3 dessertspoonfuls of flour with 1 pint of cold water. Put this into the saucepan with the tripe, a few vegetables cut small, 1 dessertspoonful of vinegar, 1 bunch of herbs, pepper and

salt. Stir till it boils. Draw the saucepan off the fire and simmer two hours.

Wanted : 1 lb. tripe, $\frac{1}{4}$ lb. fat bacon, 1 onion, 2 carrots, 1 turnip, herbs, vinegar or catsup, pepper and salt, 2 oz. flour.

27. Tripe and Onions.

Scrape and clean the tripe as before, and cut it into squares. Put it into a saucepan with 2 or 3 onions and enough cold water to cover it. Simmer for two hours. Take the onions out and chop them. Mix 1 tablespoonful of flour with $\frac{1}{2}$ a pint of skim milk and $\frac{1}{2}$ a pint of the liquor; pour this to the tripe, add the chopped onions, stir till it boils, boil another five minutes and serve. Pepper and salt to taste.

Wanted : tripe, onions, flour, $\frac{1}{2}$ pint milk, pepper and salt.

28. Stewed Cow-Heel.

After making cow-heel jelly, cut the remains of the heel into dice, removing the bones. Fry an onion brown with 1 oz. dripping in an iron saucepan, add $1\frac{1}{2}$ pints of cold water, and the cow-heel, 4 cloves, pepper and salt. Wash and cut into pieces 2 or 3 carrots, 2 turnips, 2 potatoes, a few peas or French beans too old for boiling, and 1 small onion. When the water boils, put the vegetables into the saucepan and boil one hour. Ten minutes before serving mix 2 tablespoonfuls of flour with $\frac{1}{2}$ a teacupful of cold water. Pour this into the saucepan, stirring carefully to prevent lumps.

Rice or pearl-barley may be used instead of flour. Rice takes twenty minutes to cook. Pearl-barley must be put in with the vegetables. If the cow-heel has not been cooked before, it must be stewed slowly for two hours before the vegetables are added.

Wanted : 1 cow-heel, vegetables, $\frac{1}{2}$ oz. dripping, 2 oz. flour, pepper and salt.

29. To Boil Meat.

Meat may be boiled for either of two purposes :

1. To make soup. In this case it is desirable to get the juice out of the meat and into the water.

2. As a leg of mutton or other joint is boiled for table, when the juice must be kept in the meat, and the liquor is of no importance.

There is in all meat a substance like the white of an egg, called albumen. When meat is put into boiling water, or otherwise heated, this albumen hardens, exactly as the white of an egg hardens when it is boiled. By putting meat into boiling water for ten minutes, a crust of albumen is formed all round the joint, like the crust round a loaf, so that the juice of the meat is imprisoned and cannot get out until the joint is cut upon the table. Do not allow the water to boil all the time it is on the fire, or the albumen will harden throughout the joint, and the meat will of course be tough. After boiling ten or fifteen minutes, throw into the saucepan a small quantity of cold water, draw the saucepan to the side of the fire, and do not let it boil again.

Weigh the joint, and allow twenty minutes to every pound and twenty minutes over. A thick joint will take longer to cook than a thin one, and a joint covered with skin longer than a joint that has none, supposing all to be of the same weight.

To make soup, put the meat into cold water, bring it very slowly to the boil, and simmer for three or four hours. The contents of a saucepan are said to simmer when they bubble, slowly and leisurely, at one side, not at both sides, nor in the middle of the saucepan. Keep the lid on. If there is much steam the meat is cooking too fast.

A sheep's head and other tough joints are put into cold water, because they are never juicy but they may be tender. Meat is made tender by simmering slowly for a length of time.

Salt meat is also put into cold water, and for the same reason. The whole of the juice has been already drawn out by the brine in which the meat was pickled. It is always wasteful to salt lean meat, because the juice is lost.

All boiled meat must be skimmed when it comes to the boil, and to make clear soup it must be skimmed carefully and frequently. A little cold water or salt makes the scum rise. But as scum is so much wasted food, it is well for economy's sake to skim as little as possible.

Carrots and turnips, especially if they are old, take longer to boil than a very small piece of meat. Meat is not tender unless it simmers; carrots are hard, even after

long cooking, unless they boil fast. Therefore put the carrots into boiling water and boil them for half an hour. Then add a small piece of meat, and cook it in the way above described. Use the vegetables to garnish the dish.

30. To Roast Meat.

Roasting is not an economical way of cooking. A good joint and a large fire are necessary, and the best cooking cannot prevent a great loss of weight, especially if the meat is very fat.

Weigh the joint, and allow a quarter of an hour for every pound, and a quarter of an hour over. Veal and pork take longer to roast than beef or mutton. Scrape the meat with a knife, but do not wash it unless it is rather tainted, when a little vinegar or charcoal should be put in the water. In all cases wipe it dry on a cloth, because wet meat will not brown. Hang up the joint with the thicker end downwards. Sprinkle no salt upon it, because salt draws the juice out.

Have a large clear fire, and hang the joint near to it for ten or fifteen minutes, taking care that every part shall catch the heat. Then, if the fire is too hot, draw the joint away, and cook it more slowly for the remainder of the time.

If a joint be put at first to a cold fire, the juice is drawn out by the heat before the albumen has time to harden. Never put skewers in the meat, as they make holes where the juice escapes, or, if you must use them, run them through fat and skin, not through the middle of the joint, and use string wherever you can.

Meat is more often baked than roasted, but it is not so good. A roaster should have a ventilator in the door; keep this open. Where there is no ventilator the meat often has a disagreeable taste. This often arises from a dirty oven. Ovens should be frequently scraped and wiped with a cloth. They are easiest to clean when they are hot. It is a good plan to put a flat pan of water underneath the dripping pan. It takes the same time to bake as to roast. Let the oven be hot when the meat first goes in, and cooler afterwards. Meat that is half cooked in the oven and then browned before the fire is always tasteless and dry.

31. To Roast in a Saucepan.

A good method of cooking small joints.—Any strong iron saucepan will do, and will not be damaged if the fire is low. Melt a piece of dripping in the saucepan, then put in the joint, and put on the lid. Baste the joint occasionally, and turn it over, as the bottom will soonest become brown. The fire must be slow, or the meat will burn. A sheep's heart will be done in half an hour; a larger joint will take longer.

To make the gravy, take up the meat, pour the fat out of the saucepan, and pour in $\frac{1}{2}$ a pint of water or broth mixed with $\frac{1}{2}$ an oz. of flour. Stir till it boils, and pour round the meat.

32. Broiled Chop or Steak.

Heat the gridiron and grease it. The fire must be both hot and clear. Put the meat into or upon the gridiron, turn it every two minutes, and do not turn it with a fork or anything else that is pointed, or you will make holes in the meat, and the juice will run out into the fire. A thick steak takes 12 minutes to broil, and must be turned 6 times. It will be better if it is dipped in salad oil, but that is not necessary. Do not attempt to broil tough and inferior pieces of meat.

If you cook chops and steaks in a frying-pan, make it thoroughly hot before you put the meat in, and use as little dripping as will prevent the pan from burning. Never put the meat into a cold pan, and set it by the side of the fire to get gradually warm through. There should be little or no gravy in the pan, and none should be served with a broiled chop. If it is properly cooked, gravy will run out of the meat as soon as it is cut.

A small piece of cold butter, mixed with $\frac{1}{2}$ a teaspoonful of chopped parsley and a few drops of lemon or vinegar, should be put over the chop in small pieces just before serving.

33. Fat and Dripping.

Mutton fat is the best for frying; it is not so likely to burn. Beef fat is the best for puddings, cakes, or pastry. Either or both may be used for any purpose.

To clarify dripping from roast meat or fat used for frying, put it in a saucepan and make it boil; then pour it into a large pan of cold water. The black pieces sink to

the bottom, and the burnt taste is removed. To melt down fat for frying, it is best to get the trimmings of joints and odd pieces of fat from the butcher. Cut them small and put them into a large saucepan with a pint of cold water. The water prevents the fat from burning, and it all cooks away before the fat is melted. Strain the fat through a gravy strainer, but not before it is cool, as boiling fat melts solder. The scraps that are strained out may be used instead of suet.

Any pieces of fat, whether cooked or uncooked, will do to melt down in this way. Take away any scraps of lean that are with the fat, and put them in the stock-pot.

FRYING

Is never an economical way of cooking, but it is less wasteful to use a saucepan full of fat than a frying-pan. The saucepan must be of iron, and the fat must be deep enough to cover whatever is to be fried. Above all, the fat must be boiling. Fat does not bubble when it boils. It bubbles when it has water in it, and so long as it bubbles it is not hot enough to fry. Wait until the fat is quite still, and a thin blue smoke comes out of it. Then fry at once, or the fat will burn. Because this fat is much hotter than boiling water, it cooks anything that is put into it very quickly. A slice of fish will be cooked in 2 or 3 minutes, and a ball of potato in less time. It is best to have a wire basket to fry, but if you have not a basket, take the things out of the fat with a small fish-slice. Drain them for a minute on paper. Everything that is fried in this way must be covered with egg and breadcrumb, or with milk and flour, or with a batter of flour and water, or else the fat will get in. Raw meat cannot be fried except in a frying-pan, because the outside burns before the inside is done.

The fat can be kept for a considerable time, and used any number of times. The things fried in it are dry, not greasy, and do not therefore soak up the fat.

If the fat gets brown, clarify it, and put a piece of soda in the water. To fry in a frying pan, be careful to use enough fat, and not to let it burn. Let the fat get hot before you begin to fry. Nothing fries well if it is wet.

31. Melted Butter.

Melt 1 oz. of butter or dripping in a saucepan, add 1

dessertspoonful of flour, and stir it smooth with the back of a wooden spoon. Then pour in gradually $\frac{1}{2}$ a pint of water, milk, or broth, and stir it until it boils. If lumps come, take the saucepan off the fire and stir until they go. Stir always in one direction. Put always more fat than flour, or the sauce tastes like paste. Lemon-juice improves it, so also does a little cream. Parsley must be added the last thing, and not boiled, or it will be brown instead of green.

All sauces and gravies containing flour must be boiled for several seconds, or they have a raw taste, and do not mix properly.

TO COOK COLD MEAT.

35. Hash.

Cut the meat into slices. Trim off any hard or burnt pieces, and put them into a saucepan with the bones (if any), a piece of bacon-rind, carrot, turnip, parsley, and herbs, pepper and salt, and cold water. Let these boil for at least an hour. Cut an onion in rings and fry it brown in a little dripping. Mix 1 dessertspoonful of flour with $\frac{1}{2}$ a pint of the broth, pour it into the saucepan, boil and thicken. Add a little catsup or vinegar, anchovy sauce, a little nutmeg, or any other flavouring. Strain this gravy, put it back in the saucepan, and just warm the meat in it, but do not let it come to the boil, or the meat will be tough.

Wanted: Cold meat, vegetables, catsup, $\frac{1}{2}$ oz. dripping, $\frac{1}{2}$ oz. flour, nutmeg, pepper and salt.

36. Scrap Pudding.

Chop a $\frac{1}{4}$ lb. of suet. Mix with 1 lb. of flour, 1 teaspoonful of baking powder, a pinch of salt, scraps of cold meat chopped fine, and enough cold water to make a light firm paste. Boil two hours. Serve with broth or gravy poured round.

Wanted: $\frac{1}{4}$ lb. suet, 1 lb. flour, scraps of cold meat, baking powder and salt.

37. Meat and Rice.

Chop fine any scraps of cold meat or bacon. Wash $\frac{1}{2}$ a lb. of broken rice, and put it in a saucepan with cold water and salt. When it is soft and has soaked up all the water, grease a pie-dish, and put in the rice and meat in

layers, seasoning with pepper and salt. Rice must be at the top, and a few bits of dripping put over. Brown in the oven.

Wanted : Cold meat, $\frac{1}{2}$ lb. rice, pepper and salt.

38. Meat Sanders.

Chop any pieces of cold meat or bacon. Mix with an equal quantity of soaked bread-crusts, a small piece of chopped onion, pepper and salt. Make some potato pastry, roll it $\frac{1}{2}$ an inch thick and cut it in squares. Into each square put some of the meat and bread, wet the edges, and fold the paste over in the middle. Bake half an hour on a greased tin. Best eaten hot.

Wanted : Cold meat, onion, crusts of bread, cold potatoes, 1 oz. dripping, flour, pepper and salt.

39. Meat and Maccaroni.

The Naples maccaroni, long and straight, is the cheapest and the best to buy.

Put $\frac{1}{2}$ a lb. of maccaroni into a saucepan with cold water enough to cover it, bring it to the boil, let it boil five minutes, and strain the water off. Grease a pudding-basin, line it with macaroni, fill it with chopped meat, sausage-meat, and breadcrumbs. Press it down in the basin. Cover with greased paper (not newspaper), and steam an hour and a half. The pudding should turn out in a shape. Pour gravy round.

Wanted : $\frac{1}{2}$ lb. Naples maccaroni, meat of any kind, pepper and salt.

40. Meat Balls.

Two tablespoonfuls of chopped meat, 2 tablespoonfuls of bread crumbs, or crusts soaked in cold water, 1 tablespoonful of fat or suet, 1 teaspoonful of parsley, $\frac{1}{2}$ a teaspoonful of herbs, pepper and salt, and cold milk enough to mix. Make this mixture into balls, cover them with egg, roll them in breadcrumbs, and fry them in boiling fat.

Or, add rather more meat, grease a pie-dish, and bake half an hour in a good oven.

Wanted : cold meat, suet, breadcrumbs, 1 egg, parsley, herbs, pepper and salt. A saucepan of fat to fry.

41. Potato Pie.

Fill a quart pie-dish with pieces of cold meat or

Australian meat, season with pepper and salt, and add a little water or gravy.

Boil $1\frac{1}{2}$ lb. potatoes, mash them, add $\frac{1}{2}$ oz. of dripping, and $\frac{1}{2}$ gill of boiling milk. Cover the pie, shape the crust with a knife dipped in boiling water, and brown it in a hot oven.

Wanted : cold meat, $1\frac{1}{2}$ lb. potatoes, 1 gill skim-milk, $\frac{1}{2}$ oz. dripping, pepper and salt.

FISH.

42. To Boil Fish.

Thoroughly clean and wash the fish. The brown skin must be taken off soles. Cook flat fish with the white side upwards, and rub it over with a slice of lemon or a little vinegar to make it white. All fish except salmon and mackerel must be put into water that is hot, but not quite boiling. Salmon must be put into boiling water to set the colour; mackerel into warm water, because the skin is very tender. Too hot water cracks the skin of the fish, and spoils its appearance before the inside is cooked. To see if a fish is done, pull a small bone; when the bone comes out easily the fish is ready. Put a handful of salt into the water. Do not boil any fish fast. Have water enough to cover the fish.

Baked fish is more economical than boiled, and needs no sauce. Some fish take much longer to boil than others. A conger-eel is very tough, and needs slow stewing like a tough steak. A mackerel will be done in five or six minutes.

Serve boiled fish with melted butter, or parsley and butter.

43. Broiled Mackerel.

Heat the gridiron. Grease it with dripping or suet. Split the fish down the back, lay it flat, and clean it thoroughly. Place it in the gridiron, and put it to a very hot fire, turn it every minute, and cook first the inside of the fish. It will take about seven minutes.

44. Baked Haddock.

Clean and scale the fish. Make veal-stuffing, fill the fish, and sew it up with a needle and cotton. Bake fifteen to twenty minutes. Baste with dripping, or the fish will be dry.

Wanted : haddock, 2 oz. suet, 2 oz. breadcrumbs, parsley, herbs, pepper, salt and milk.

45. Baked Cod or Whiting.

Grease a flat baking-tin. Brown a handful of bread-crumbs in the oven. Chop 1 teaspoonful of parsley and sweet herbs, and a small piece of onion or shalot. Grate 1 oz. of any dry cheese. Cut the fish in slices 1 inch thick. Sprinkle some of the parsley, herbs, and onion in the dish, lay in the fish, cover with the rest of the parsley and onion, grated cheese, pepper and salt, and last of all the breadcrumbs. Put a few bits of dripping on the top, and pour a very little vinegar and water or broth into the dish to prevent burning. Bake fifteen minutes in a cool oven. Good hot or cold.

The best way to make brown breadcrumbs is to put any stale pieces of bread in a cool oven for some hours until they are dry and brown, but not burnt. Break them with a rolling-pin or in a mortar, and sift them through a sieve. They will keep any time.

Wanted: 1 lb. fish, 1 oz. cheese, 1 teaspoonful parsley and herbs, $\frac{1}{2}$ a small onion, breadcrumbs, pepper and salt, a teaspoonful of vinegar.

46. Fish Pie.

Fill a pie-dish with slices of conger-eel, chopped parsley, pepper and salt, cover with a dripping crust, like a meat pie, and bake one hour. A little gravy should be poured in before it is served.

Wanted: conger-eel, dripping crust, chopped parsley, pepper and salt.

47. Fish Cakes.

To 1 lb. of any cold fish, without bone, add 1 lb. of mashed potato, 1 oz. of dripping, pepper and salt to taste, and a little cold milk or an egg. Mix well together, and bake in a mound on a flat tin. The cakes can be made round and flat, covered with egg and breadcrumb, and fried in boiling fat. Instead of egg and breadcrumb, milk and flour may be used.

Wanted: 1 lb. cold fish, 1 lb. potatoes, pepper and salt, 1 oz. dripping, 1 egg or a little milk.

48. Fish Pudding.

Grease a small pie-dish, and line it with breadcrumbs. Melt 1 oz. of dripping in a saucepan, add a heaped tablespoonful of flour, and $\frac{1}{4}$ pint of water. Stir till it boils and thickens. Then add $\frac{1}{2}$ a tin of lobster or

salmon, or any cold fish cut small, $\frac{1}{2}$ a teaspoonful of vinegar, pepper and salt. Pour this mixture into the pie-dish, cover with breadcrumbs, and brown in the oven or before the fire.

Wanted : $\frac{1}{2}$ tin fish, pastry, breadcrumbs, 1 oz. dripping, 1 oz. flour, pepper, salt, $\frac{1}{2}$ teaspoonful of vinegar

49. Fried Fish.

Cut the fish into pieces, wash it, dry it on a cloth, and rub it with flour. Break 1 egg on a plate, put some fine breadcrumbs in a sheet of paper. Egg each piece of fish with a brush or feather, roll it in the crumbs, and press the crumbs down with your hands. When all the fish is ready, begin to fry in a saucepan of boiling fat.

Fish can be fried in a frying-pan, but it is not so good or so economical.

Wanted : fish, flour, egg, breadcrumbs, saucepan of fat.

BREAD AND CAKES.

Where there is an oven it saves money to bake at home. Home-made bread is not only cheaper but more satisfying than baker's bread. If potatoes or rice are added, the dough takes up more water, and a greater weight of damper bread is made.

Good flour takes up more water than bad, and brown meal more than white. Seconds flour is more nourishing than the first quality. Brown bread with the bran left in is not digestible, and is not good for persons who live chiefly upon bread, and who work hard.

The water for bread-making must be 88 deg. Fahr. It will feel warm to the finger, but not hot. Hot water scalds the yeast, and prevents it from rising. Do not set the dough to rise in a draught. Cover the pan with a clean cloth.

50. Yeast Bread.

Put the flour in a deep basin or pan. To each 3 lb. of flour allow a teaspoonful of salt, $1\frac{1}{2}$ pints of warm water, or milk-and-water, and 1 oz. of German yeast, or 3 tablespoonfuls of brewer's yeast. Mix the salt with the flour, stir the water smoothly to the yeast, add it to the flour, make the whole into dough, and set to rise before the fire for about two hours. In warm weather it will rise in less time. Turn the dough out on a floured board,

and knead in flour until it sticks neither to the board nor to your fingers. Shape into loaves, place them on floured tins, let them rise another half hour, and bake in a good oven.

Thrust in a clean knife to see if the loaves are enough baked.

The quality, and therefore the quantity to be used, of brewer's yeast varies. This recipe supposes it to be fresh and frothy. If it is thick, use less. If it is bitter, pour cold water on it, and let it stand all night; then use the bottom.

51. Buttermilk Bread.

Let the buttermilk stand until it is quite cold. Put in a basin 2 lb. of flour, 1 teaspoonful of baking-powder, $\frac{1}{8}$ oz. of carbonate of soda, a pinch of salt, and 1 teaspoonful of sugar. Be careful to leave no lumps of soda. Mix into a firm dough with the buttermilk, shape into loaves or rolls, and bake immediately.

• If you use sweet buttermilk, leave out the soda, and double the baking-powder. This is not so good.

This makes excellent buns and cakes, with the addition of a little dripping or butter, sugar and currants. No eggs needed.

52. Baking-Powder.

Home-made is both better and cheaper. Mix together 10 oz. of cornflour or ground rice, 9 oz. of carbonate of soda, and 8 oz. of tartaric acid. Pass it twice through a sieve. It will keep any time in a bottle or tin. Use 3 teaspoonfuls to 2 lb. of flour, or less for pastry.

Egg powder is baking-powder coloured yellow. To make self-raising flour, mix flour and baking powder. Always add baking-powder just before you wet the dough, and when wetted bake at once.

53. Milk Buns.

Rub 2 oz. of butter or dripping into 1 lb. of flour, add $1\frac{1}{2}$ teaspoonfuls of baking-powder, mix into a light dough with skim-milk, shape into buns or rolls, and bake at once. Handle these lightly.

54. Baking-Powder Bread.

2 lb. of flour, 3 teaspoonfuls of baking-powder, *cold* water to make a paste. Bake at once.

55. Plain Cake.

Rub $\frac{1}{4}$ lb. dripping into 1 lb. of flour. Add 2 teaspoonsful of baking-powder, $\frac{1}{4}$ lb. of brown sugar, half a grated nutmeg, a little candied peel, or the rind of an orange or lemon, $\frac{1}{4}$ lb. of currants, or 1 teaspoonful of caraway seeds. Mix with cold water or milk, and bake at once in a good oven. Grease the tin well. For a better cake use butter, and add 1 egg.

56. Gingerbread.

1 lb. of flour, 2 oz. of brown sugar, a teaspoonful of baking-powder, and $\frac{1}{2}$ oz. of ginger.

Melt in a saucepan $\frac{1}{4}$ lb. of dripping, and $\frac{1}{2}$ lb. of treacle.

Mix all together, and shape into round balls, or bake 1 inch thick, in a Yorkshire pudding tin. Bake at once, fifteen minutes, in a good oven

PASTRY.

The lightness of pastry depends upon two conditions. 1. It must have air in it; 2. That air must be as cold as possible.

When air is heated it expands. Therefore, when you take pastry from a cold place, and put it into a hot oven, the air in the pastry suddenly expands, or rises, and the pastry is forced to rise too. If the oven is colder, neither the air nor the pastry expands so much, and the air often escapes, so that the paste falls down, and is heavy. If the oven is hot, the paste is baked into shape before it has time to fall. Therefore, all pastry must be baked in a very hot oven.

Baking-powder pastry must be baked directly it is made, and must be handled as little as possible. Other pastry will keep many hours in a cold place. Eggs are put into pastry to make it capable of containing more air, and, therefore, lighter, but flaky pastry can be made without eggs. Use the yolks alone, or else the whites, beaten to a stiff froth. Never warm the butter or dripping; never squeeze the flour or the dough in the palms of your hands. In hot weather do not use a basin, but turn the flour on a board, and chop in the butter with a knife, as if you were chopping suet; then put the flour in a heap, make a hole in the middle, and stir in the water with the knife. Use the coldest water you can get, and use as little as possible.

Wet pastry will never be light. In rolling pastry, lift your rolling pin very often ; do not roll continuously from one side to the other ; roll lightly ; never turn the pastry over. Trimmings of pastry should not be squeezed into a ball, but laid flat one over the other, and then rolled.

57. Flaky Pastry.

Attend to the above rules. Rub $\frac{1}{4}$ lb. lard into 1 lb. flour, mix into a paste with cold water. Roll the pastry out once, and place in the middle of it $\frac{1}{4}$ lb. butter. Fold the pastry exactly in three over the butter, turn it round, and roll it again. Repeat the foldings and rolling four times. Roll always backwards and forwards, never from side to side. Fold the pastry flat, exactly in three, and do not roll it like a roll pudding. Or you may use $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. lard or butter, the whites of 2 eggs beaten to a froth, $\frac{1}{2}$ a teaspoonful of baking-powder, and cold water. Mix all together, leaving out the lard. Roll that in as before.

58. Dripping Pastry.

Into 1 lb. of flour rub not more than $\frac{1}{2}$ lb. of dripping. Less will do. Add $\frac{1}{2}$ a teaspoonful of baking-powder, and cold water to make a paste. Roll it once only, and bake it as soon as possible.

59. Potato Pastry.

Take any boiled potatoes, cold or hot, and work into them with your hands a small piece of dripping, a pinch of salt, and as much flour as will make a soft paste.

This makes a good crust for a hot pie, or may be made into flat cakes, to be eaten hot with dripping or butter.

60. PUDDINGS AND PIES.

Boiled puddings must be tied in a cloth or a basin, put into boiling water enough to cover them, and kept boiling all the time they are on the fire. If the water boils away, fill the saucepan with boiling water out of the kettle. Grease the basin with dripping or butter. Dip the cloth in boiling water and flour it well ; after you have used it, wash it well and hang it in the air to dry. Tie the cloth tightly with string, but leave room for the pudding to swell, especially if it has baking powder in it. A suet pudding can hardly be boiled too long. It is a good plan to steam puddings rather than to boil them, and it

is not necessary to use a potato steamer. Have as much boiling water in the saucepan as will come half-way up the basin, cover the pudding with greased paper (not newspaper), and stand it in the saucepan. Do not let the water boil too fast, or it will boil over into the pudding. Fill up, if necessary, with boiling water.

Dip boiled puddings into cold water before turning them out.

61. Beefsteak Pie.

First cut a pound of steak into pieces and fill a pie dish. Season with pepper and salt, dredge each layer of meat with flour, and pour in a little cold water or broth.

Use dripping paste half an inch thick. Cut a strip of paste, wet the edges of the dish, lay the paste round, wet it again, and cover the top of the pie. Hold the dish up and trim off the edges of the paste, holding the knife so that its point slopes outward and away from the dish, because the paste always shrinks towards the middle in baking. Ornament the top of the pie with the trimmings, and make a hole in the middle. Bake one hour and a half.

Into veal pie put bacon and hard-boiled eggs. Sliced potatoes or pieces of macaroni may be added to beef.

62. Squab Pie.

Make the crust as before. Fill the pie-dish with layers of fat mutton, sliced apples, and onions. Season with pepper and salt, and a teaspoonful of brown sugar.

63. Apple Pie.

Fill a pie-dish with sliced apples. Put the sugar in the middle of the fruit, not at the top, as the crust will be heavy, and add a little water. Cover with dripping or flaky pastry. Let the outside layer of crust be thick, and that which goes over the top very thin. The pie will look better, and the steam from the fruit always makes the centre crust more or less heavy. Wet the crust with cold water, and sprinkle a little white sugar over. Bake in a good oven.

64. Cornish Pasties.

Peel and cut into small pieces 2 potatoes, 1 turnip and 1 onion. Chop some parsley and herbs. Cut a $\frac{1}{4}$ lb. of fat mutton, beef, or salt pork into dice. Mix all together and season with salt and pepper.

Make a suet or dripping crust, roll it half an inch thick, cut it into rounds with a saucepan lid, place on each piece of pastry some of the meat and vegetable, bring the edges together, fold them down, and crimp them with the thumb and finger to make them stick. Bake three quarters of an hour, or according to size.

The pasties may be filled with leeks, dripping, and chopped parsley, or with vegetables alone. Sweet pasties may contain any or all of the following ingredients: boiled rice, currants, raisins, apples, vegetable-marrow, sugar, spice, or any fresh fruit.

65. Beef Pudding.

Make a crust with $\frac{1}{4}$ lb. of suet, $\frac{3}{4}$ lb. of flour, half a teaspoonful of baking-powder, a pinch of salt, and enough cold water to make a paste. Keep a part to cover the top of the basin. Roll out the rest, butter a basin, line it with paste, fill it with pieces of beef-steak and kidney, seasoning with pepper and salt. Pour in a little water. Roll out the remaining paste to the size of the basin, wet the edges, cover the pudding, and fold the sides of the paste inwards. Dip a cloth into boiling water, flour it, and tie it securely over the pudding. Boil two hours and a half.

Wanted: $\frac{1}{4}$ lb. suet, $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ teaspoonful baking-powder, 1 lb. beef and kidney, salt and pepper.

66. Batter or Yorkshire Pudding.

To each pint of milk allow $\frac{1}{2}$ lb. flour and one or two eggs.

Put the flour in a large basin with a pinch of salt, and mix in first the eggs and then, very gradually, the milk. Stir with the back of a wooden spoon, and stir always one way. Stir the lumps out. The longer you stir the lighter the pudding will be. Make batter two hours before you want to use it. Bake in a greased tin one hour.

Wanted: 1 pint skim milk, 2 eggs, $\frac{1}{2}$ lb. flour, a pinch of salt.

67. Pork Pie.

One pound of flour and a pinch of salt. Make into a paste with $\frac{1}{4}$ lb. of boiling lard and $\frac{1}{4}$ pint of boiling water, and knead it well. Take off part of the crust for the top, shape the rest with your hands on a board, making the sides as high as possible. Fill with meat,

put on the top, ornament with the trimmings of pastry, and bake two hours. Pour in a little broth after it is done. To be eaten cold.

Wanted: 1 lb. flour, $\frac{1}{4}$ lb. lard, salt, pepper, 1 $\frac{1}{4}$ lb. pork.

68. Savoury Rice.

Tie some rice loosely in a cloth and half boil it. Untie the cloth, and put in chopped onions, dripping, pepper and salt. Boil three quarters of an hour, leaving room for the rice to swell.

Wanted: rice, dripping, onions, pepper, salt.

69. Rice and Cheese.

Boil $\frac{1}{2}$ lb. rice until it is tender in milk and water. Grease a pie-dish, and bake the rice with layers of grated cheese. Any dry, strong cheese will do. Put dripping at the top. Season with pepper and salt. Instead of baking, the cheese may be stirred into the saucepan with the rice. Serve hot.

Wanted: rice, milk, cheese, pepper, salt.

70. Bacon Pudding.

Make a crust with 1 lb. of flour, $\frac{1}{4}$ lb. of suet, cold water and salt. Roll it half an inch thick, cover it with thin slices of bacon, wet the edges, roll it up like a roll pudding, and boil it in a cloth two hours.

Wanted: 1 lb. flour, $\frac{1}{4}$ lb. suet, salt, $\frac{1}{2}$ lb. bacon.

71. Liver Pudding.

Boil $\frac{1}{2}$ lb. sheep's liver in water for two hours. Grate the liver and mix it with $\frac{1}{4}$ lb. of breadcrusts soaked in water, $\frac{1}{4}$ lb. of fat bacon or suet, two tablespoonfuls of flour, pepper, salt, and a little cold milk. (The water in which the liver was boiled makes excellent soup with rice or vegetables.) Boil two hours in a greased basin.

Wanted: $\frac{1}{2}$ lb. liver, $\frac{1}{4}$ lb. bread, $\frac{1}{4}$ lb. suet or bacon, two tablespoonfuls of flour, pepper and salt.

72. Light Dumplings.

Yeast or baking-powder bread made into balls, dropped into boiling water, and boiled twenty minutes.

73. Savoury Bread Pudding.

Soak any dry crusts of bread in *cold* water all night. Chop 1 onion, 1 sprig of sage, parsley, sweet herbs, and 1 or 2 oz. of suet or dripping. Squeeze the bread as dry as you can, mix all together, season with pepper and

salt, and bake one hour in a flat tin. Put a few bits of dripping over the top to prevent burning.

Wanted: crusts of bread, 2 ozs. suet, 1 onion, sage, parsley, herbs, pepper and salt.

74. Sweet Bread Pudding.

Make as above, using 2 oz. of currants, 2 oz. of brown sugar, and a little spice, instead of the onion and herbs.

Or, to each $\frac{1}{2}$ lb. of bread allow 1 egg, $\frac{1}{2}$ a pint of milk, 2 oz. of currants, 2 oz. of sugar, a little grated nutmeg, and the thinly-pared rind of an orange or a lemon. Bake one hour in a flat tin.

Wanted: $\frac{1}{2}$ lb. bread-crusts, 1 egg, $\frac{1}{2}$ pint milk, 2 oz. sugar, 2 oz. currants, the rind of one orange or lemon, nutmeg.

75. Rice Pie.

Put a teacupful of broken rice and a teacupful of coarse oatmeal into a saucepan with cold water enough to cover it, and simmer until the rice is tender. Add 2 ozs. of chopped suet, 2 oz. of currants, 1 oz. of brown sugar, 1 pint of skim-milk. Grease a pie-dish, and bake one hour. This is good if made savoury with onions, herbs, pepper and salt.

Wanted: rice, coarse oatmeal, 1 pint skim-milk, 2 oz. of suet, 2 oz. currants, 2 oz. sugar.

76. Semolina Pudding.

To $\frac{1}{2}$ a lb. of semolina add 1 quart of milk, 1 egg, and $\frac{1}{4}$ lb. of chopped raisins. Bake one hour in a greased dish.

Wanted: $\frac{1}{2}$ lb. of semolina, 1 egg, $\frac{1}{4}$ lb. raisins, 1 quart of milk.

77. Apple Cake.

Make $\frac{1}{2}$ lb. of buttermilk or baking-powder bread. Roll into it 2 oz. of dripping or lard. Line a Yorkshire-pudding-tin, fill it with thick slices of apple, pour over a little sugar, butter, and water, and bake in a good oven, Best cold.

Wanted: $\frac{1}{2}$ lb. bread-dough, 2 oz. dripping, apples. 1 oz. sugar, $\frac{1}{2}$ oz. butter.

78. Apple Fritters.

Mix $\frac{1}{2}$ lb. of chopped apples with 1 lb. of flour, a teaspoonful of baking-powder, and enough cold water to make a paste. Shape into flat round cakes, and fry them

in the frying-pan with a little dripping. Sprinkle with brown sugar and serve.

Wanted : $\frac{1}{2}$ lb. apples, 1 lb. flour, $\frac{1}{2}$ teaspoonful baking-powder, 2 oz. dripping, 2 oz. sugar.

79. Sago and Apple Pudding.

Put 2 oz. of sago into a quart pie-dish, with 2 ozs. of brown sugar, and four or five apples peeled and quartered. Fill the dish with cold water, and bake in a slow oven until the apples are tender. Add more water if it seems too dry. Good hot or cold. Any fruit will do.

Wanted : 2 oz. sago, 6 apples, 2 oz. sugar.

80. Maccaroni.

Put it into boiling water, broth, or milk, and boil it fast for half an hour. Allow maccaroni to simmer, and it will always be tough.

81. To Boil Rice for Curry.

Wash the rice, and put it into a very large saucepan of boiling salt and water. After eight or ten minutes, try a few grains to see if they are soft. Some rice takes longer to boil. Turn the rice out on a sieve or colander, and pour cold water over. Dry it on the sieve, either in the oven or before the fire. Use Patna rice.

SICK-ROOM COOKERY.

Do everything with the greatest care, and let everything be perfectly clean. Do not make a large quantity of anything, but vary the diet of an invalid from day to day.

Try to put as much nourishment as possible into a small compass. Choose always those foods that are most digestible, and cook them so as to leave the least possible work for the digestive organs. Make everything look as pretty and as appetising as you can. Therefore, don't put a little broth at the bottom of a large basin, and don't serve anything with a plate or spoon that has been used before.

Don't cook in a sick room if you can by any means avoid it. Don't allow the remains of food to stand by the bedside.

If the doctor orders any particular kind of food, prepare *that*, and not something else, even though you may think there is no difference between the two.

82. Mutton Broth.

Weigh the mutton, and to each pound allow 1 pint of

cold water. Put the meat in a saucepan with cold water, bring it very slowly to the boil, add $\frac{1}{2}$ a teaspoonful of salt to raise the scum, skim the broth, draw the saucepan back from the fire, and do not let it boil again. Simmer three to four hours. Vegetables may be added when the broth boils, but it is often better to leave them out. Strain through a colander. If the broth is wanted at once, take some of the fat off with a spoon, and remove the rest by laying pieces of paper on the top. The fat sticks to the paper, and not a speck need be left. Any paper, except newspaper, will do. A whitey-brown bag, or a paper off a draper's parcel, is the best for the purpose. A very little chopped parsley may be put on the broth just before serving.

The mutton may be eaten with melted butter.

Better, but less economical broth may be made by the following recipe :

Take a piece of scrag or neck of mutton, and cut off all the fat. Cut the meat in pieces and break the bones. To every pound of meat allow $1\frac{1}{4}$ pint of cold water. Put it in a saucepan by the side of the fire, and let it stand one hour. Then bring it to the boil, add salt, skim, and simmer two hours.

83. Beef-Tea.

Cut the beef into shreds along the grain of the meat and scrape it, removing everything that is *white*, that is, all fat and fibre. Allow 1 pint of cold water to every pound of meat. Soak the meat in the water for fifteen minutes, then put it in a saucepan and boil for five minutes, and no longer. Strain through a coarse strainer, and give the brown part at the bottom of the beef-tea as well as the clear part at the top. Take off the fat with paper. Season with salt, lemon-peel, a clove, a bit of fresh tomato, or a sprig of parsley and sweet herbs, if seasoning be wished.

Good beef-tea should not set into a jelly. It can be made to jelly by adding a shank-bone of mutton, and boiling or baking 4 or 5 hours. Beef-tea is best when freshly made. Do not make a large quantity and keep it several days.

84. Raw Beef-Tea or Meat Juice.

Do not boil the beef-tea, but after it has been soaked in water fifteen minutes, strain it, and it is ready to use. Give this in a covered or a coloured cup, as it looks disagreeable. The taste is like that of cold boiled beef-tea.

85. Beef-Tea Custard.

Put the yolks of 2 eggs and the white of 1 into a basin. Add gradually a $\frac{1}{4}$ of a pint of beef-tea and a pinch of salt. Butter two very small tins or cups, pour in the custard, cover with buttered paper, and set them in a saucepan of boiling water to steam fifteen to twenty minutes. The water must come half way up the cups; it must boil when they go in, but not after. If the water bubbles the custards bubble and are spoilt. Good hot or cold. Will turn out in a shape.

Wanted : 2 eggs, $\frac{1}{2}$ pint beef-tea, salt.

86. Barley Gruel.

Soak 1 oz. of Scotch barley in cold water all night. Put it on to boil with 1 pint of good broth and a pinch of salt. Do not boil too fast. When the broth is quite thick, like gruel, strain it through a strainer and serve. May be made also with rice.

Wanted : 1 oz. rice or barley, 1 pint broth, salt.

87. Gruel.

To 1 tablespoonful of oatmeal or prepared grits allow 1 pint of water and a small piece of butter. Mix the oatmeal with a little cold water, add the rest of the water with the butter when boiling. Stir to prevent lumps. Boil prepared grits ten minutes, and oatmeal twenty minutes.

88. Arrowroot or Cornflour.

Mix 1 dessertspoonful of cornflour or arrowroot with a little cold milk. Boil $\frac{1}{2}$ a pint of milk, and when it is just going to boil over add it to the cornflour, stirring to prevent lumps. Put it back in the saucepan and boil five minutes. This will turn out in a shape if it is put into a wet cup and left till cold, or it may be eaten hot.

89. Arrowroot or Cornflour Pudding.

Make a cup of arrowroot or cornflour as above, but do not boil it. Stir in a very little sugar and 1 or 2 eggs, pour the mixture into a greased pie-dish, and bake fifteen minutes. The pudding will be lighter and more digestible if the yolks of the eggs are stirred in unbeaten, and the whites are whipped to a saff froth and stirred in very lightly just before baking. The oven must be very hot.

Wanted : 1 dessertspoonful of cornflour, $\frac{1}{2}$ pint milk, 1
teaspoonful white sugar, 2 eggs. *Chopin d'au*

teaspoonful white sugar, 2 eggs. *Chopped almonds*
Bake 82 min. 100 deg. to 325 F.

90. Sago Cream.

Boil $\frac{1}{2}$ a pint of new milk with a lump of sugar and a bit of lemon-peel, sprinkle in 1 dessertspoonful of sago, and boil gently until the sago is transparent. Put the yolks of 1 or 2 eggs in a basin, and add gradually the sago and milk, taking care that it is not too hot, or the egg will curdle. Take out the lemon-peel and serve hot. May be made with broth or beef-tea instead of milk.

Wanted : 1 dessertspoonful of sago, $\frac{1}{2}$ pint milk or broth, the yolks of 1 or 2 eggs, lemon-peel, salt or sugar.

91. Cow-heel Jelly.

Clean and scrape 1 cow-heel; put it into a clean saucepan with cold water enough to cover it, bring it to the boil, throw the water away, and scrape the heel again. Put on the cow-heel once more with 3 or 4 pints of cold water, bring it to the boil, skim, and boil slowly for five hours. Strain it through a colander. Take the fat off when cold with a spoon and a cloth dipped in boiling water. If the jelly must be made without delay, the fat can be taken off with paper. Put the jelly into a saucepan with the rind and juice of 2 lemons, 4 cloves, $\frac{1}{2}$ an inch of cinnamon, 4 oz. of lump sugar, and the whites and shells of two eggs. Stir or whisk over the fire till it boils, let it boil well up to the top of the saucepan, stand the saucepan by the side of the fire for twenty minutes, and strain at least twice through a cloth. The cloth must be scalded. It is best to turn a chair upside-down on the table and to tie the cloth to its legs, or to lay the cloth in a tin colander. If the jelly need not be clear, leave out the eggs, and strain once through a piece of muslin. Be careful not to use the white part of the lemon-peel or the pips, as they make the jelly bitter, and have no other flavour. Add wine after the jelly is made.

Wanted : 1 cow-heel, 2 lemons, $\frac{1}{4}$ lb. sugar, cinnamon, cloves, white and shell of 2 eggs.

92. Milk Jelly.

Take what remains of 1 cow-heel after making the above jelly, cut it in pieces, put it in a saucepan with enough milk to cover it, and simmer slowly for three hours. Strain and serve hot or cold. Add the yolk of 1 egg if possible. Flavour with sugar, lemon-peel, and spice, or with salt, onion, celery and turnip.

Wanted : 1 cow-heel, milk, 1 egg, sugar or salt.

COOKERY BOOK.

GENERAL INSTRUCTIONS TO COOKS.

READ the recipe carefully from beginning to end. Place everything that will be wanted on the table before you begin, so that you need not run to the shop, or even to the cupboard, in the middle of your cooking. See that all your saucepans are clean, both outside and inside. A saucepan dirty inside spoils your cookery; a saucepan dirty outside wastes fuel, because it does not boil so soon as it would if it were bright.

Make up the fire. If you are going to bake, heat the oven; if to boil, have a saucepan of boiling water ready; if to stew, let the fire be small; if to fry, put on a few bits of wood or coke to make the fire clear.

Accustom yourself to weigh or measure everything. If you do not follow the recipe exactly, still be sure where you have differed from it. Then, if you make a mistake, you can correct it another time; if you improve the recipe once, you will be able to do it again.

Try to find out a reason for what you do. The best recipes in the world want seasoning with common sense.

When you have done your cooking, wash everything you have used, and put it away in its proper place. Never put anything away dirty.

Clean your oven also, or everything that you bake will have an unpleasant taste.

VEGETABLES.

1: Potatoes.

Choose potatoes that are all of the same size and same sort; wash and scrub them clean, but do not peel them, because the best part of a potato lies immediately under the skin. Put them into an iron saucepan and just cover them with cold water. When the water boils, add one tablespoonful of salt to every gallon of water. Boil gently for fifteen to twenty-five minutes. Some potatoes take

longer to cook than others, and some are better steamed. Try with a fork or skewer to see if they are done. Pour off all the water, take the lid off, and set the saucepan over a slow fire to dry the potatoes.

If potatoes are steamed, nothing must be cooked in the water under the steamer.

New potatoes must be scraped, and thrown into a basin of cold water. To boil, put them into boiling water with salt. Boil fast. Dry in the same way as old potatoes. Some very waxy potatoes are best cooked in this way.

2. Haricot Beans.

Soak in cold water all night. Put them on the fire with cold water enough to cover them and a teaspoonful of salt. Boil gently for two hours. Fill up the saucepan with boiling water from time to time if needed, but use only just so much as will leave the beans dry when they are cooked. Stir in a piece of butter or dripping with pepper and salt, and serve. Chopped parsley may be sprinkled over.

Or, ten minutes before serving, add a piece of cold fat bacon cut into dice, season with pepper and salt.

Haricot beans are good in any soup or stew. They may also be served with melted butter or with brown gravy. They must be well boiled, or they are unwholesome.

3. French Beans.

May be cooked whole or in slices. Into a three pint. saucepan of boiling water put a teaspoonful of salt and as much carbonate of soda as will lie on the point of a knife, or a small piece of washing soda. In one minute throw in the beans, do not put the lid on the saucepan, and boil fast for fifteen minutes. If old or unsliced, they take longer. Pour the water off, and serve on a vegetable strainer.

4. Cabbage.

Cook in the same way as French beans. Try the stalk to see if they are done. Boil in plenty of water. Cook cauliflower with the stalk upwards. Soak cabbage or cauliflower for two hours in water, with salt or vinegar to draw the caterpillars out.

INFANT'S FOOD.

For the first seven or eight months of its life a child should have no other food than milk. Nothing can supply the place of milk, and any addition to it is not only useless, but hurtful. Cow's milk must be mixed with water and white sugar, or sugar of milk, which can be bought at the chemist's.

Infants generally thrive upon condensed milk, if sufficient water be added ; otherwise it is difficult of digestion. It is specially to be recommended in towns where the milk is often slightly acid and not always the same. Above all, no starchy food should be given to infants, at least until they cut their teeth. Cornflour and arrowroot are nearly pure starches ; wheatflour, rice, potatoes and sago contain more starch than anything else. Infants cannot digest starch in any form, cooked in any manner. The following recipe will be found useful for children of eight or nine months old, but it must be used in addition to, not instead of milk. Bread often causes indigestion because of the yeast, and most biscuits contain some butter.

101. Boiled or Baked Flour.

Take wheaten flour and tie it tightly in a pudding-cloth or a pudding-basin. Put it into a saucepan of boiling water, and keep it boiling for four hours. Scrape down the inside of the flour, boil it with water for a few minutes, and add unboiled milk and a little sugar. The flour may also be baked in a tin in a slow oven until it is a pale brown, and then used in the same way. Either is equally good, but the baked flour is more economical.

STOVES.

It is better to cook upon a close stove than on an open grate. Close stoves are less trouble to clean, and easier to manage. They will burn any sort of fuel except *large* coke or coal ; and they burn so little that their cost is soon repaid in coals. Slow cooking is well done on a stove, and so materials are used that are not suitable for the frying-pan and Dutch oven. It is not necessary to do away with the open fireplace because you have a stove. On the cover of this book there is a picture of a first-rate stove that burns well by the side of an open fire, using the same chimney.

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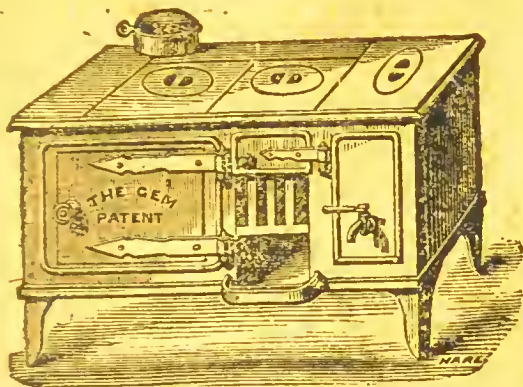
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